



National Nutrient Database for Standard Reference

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Statistics Report 15030, Fish, gefiltefish, commercial, sweet recipe

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	80.35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	84	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	351	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	9.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	1.73	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	7.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	2.48	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	73	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	91	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	524	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.195	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	10.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Thiamin	mg	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.059	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	1.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.080	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.84	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	89	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	0.412	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.824	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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18:1 undifferentiated	g	0.407	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.285	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.488	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.486	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Leucine	g	0.810	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	0.842	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.255	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.113	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.493	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.548	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	0.595	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.261	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	0.546	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	0.772	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	1.750	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.403	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Proline	g	0.341	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.473	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													